

# Smokey Black Bean Chilli & Tortilla Chips

with Spinach Salsa, Sour Cream & Cheddar

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Mini Flour Tortillas



Carrot



Brown Onion



Baby Spinach Leaves



Tomato



Black Beans



Garlic Paste



All-American Spice Blend



Diced Tomatoes With Onion & Garlic



Vegetable Stock Pot



Cheddar Cheese



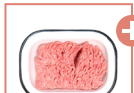
Light Sour Cream



Coriander



Beef Mince



Pork Mince

Prep in: 15-25 mins  
Ready in: 15-25 mins

Pack tonight's chilli with loads of black beans and then ramp up the flavour with fragrant spices and diced tomatoes. Top it with an easy spinach salsa, sour cream and Cheddar cheese for a meal that's sure to please.

Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
mini flour tortillas	6	12
carrot	1	2
brown onion	1	2
baby spinach leaves	1 small packet	1 medium packet
tomato	1	2
black beans	1 packet	2 packets
garlic paste	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>water*</b>	¼ cup	½ cup
diced tomatoes with onion & garlic	½ packet	1 packet
vegetable stock pot	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3396kJ (812Cal)	492kJ (118Cal)
Protein (g)	34.1g	4.9g
Fat, total (g)	31.7g	4.6g
- saturated (g)	17g	2.5g
Carbohydrate (g)	89.3g	12.9g
- sugars (g)	25.8g	3.7g
Sodium (mg)	2058mg	298mg
Dietary Fibre (g)	20.4g	3g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



## Start the chilli

- Preheat oven to **200°C/180°C fan-forced**.
- Slice **mini flour tortillas** into quarters. Grate **carrot**. Finely chop **brown onion**. Roughly chop **baby spinach leaves** and **tomato**. Drain and rinse **black beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion**, stirring, until tender, **2-3 minutes**.
- Add **black beans**, **garlic paste** and **All-American spice blend** and cook until fragrant, **1-2 minutes**.



## Make the salsa

- Spread **tortilla pieces** over a lined oven tray (don't worry if they overlap).
- Drizzle with **olive oil** and season with **salt**. Bake until lightly golden and crispy, **8-10 minutes**.
- Meanwhile, in a medium bowl, combine **baby spinach leaves**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.



## Finish the chilli

- Stir in the **butter**, **water**, **diced tomatoes with onion & garlic** (see ingredients) and **vegetable stock pot**, until combined and slightly reduced, **1-2 minutes**.
- Season to taste.



## Serve up

- Divide smokey black bean chilli between bowls.
- Sprinkle over **Cheddar cheese**.
- Top with spinach salsa and **light sour cream**. Tear over **coriander**.
- Serve with tortilla chips. Enjoy!

## CUSTOM OPTIONS

### + ADD BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

### + ADD PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

